

# DIABETES PREVENTION & HEALTHY AGING FAIR



Commit to staying healthy this spring and learn more about how you can prevent (or manage) diabetes!

## AT THIS FAIR YOU CAN ...

- Take a **fitness test and balance screen** with Dr. Mike Sheehan of Bay State PT!
- Get a **chair massage**!
- Learn about **diabetes programs** at Beverly Hospital and the YMCA!
- Take a **healthy living quiz** at the Kiosk of Living Well!
- Learn about **sugar content** in everyday processed foods!
- Eat a **healthy snack**!

**Thursday**  
**March 26<sup>th</sup>**  
**10:00 – 11:30 AM**

Beverly Senior Center

90 Colon Street

978-921-6017

No RSVP needed – come drop in!

**FREE EVENT!!**

**.....AND MUCH, MUCH MORE!!**

